

REACHING OUT

Keeping our Community Connected - Edition 34



FEEL GOOD NEWS STORY

On Melbourne's second day of its fifth lockdown, the sky grew dark and grey, and an icy blast brought sheets of rain. Then, the wheeze of bagpipes from a lonely rooftop filled the winter sky.

The few mask-clad souls in puffer jackets shuffling down Fitzroy Street paused and gazed up. For these locals, the ballads played by 49 year-old Marcus Willson have provided a soundtrack to the city's four lockdowns. A return of lockdown meant a return of the St Kilda piper.

Mr Willson got his first set of pipes just before Melbourne's first lockdown when he decided to follow the musical tradition of his Scottish father and grandfather. He was spurred on by a performance at a school in the Highlands during a trip back to Scotland with his father in late 2019.

"There was an organist and a piper in the top of the chapel - it was an old Harry Potter like school and they played this song called Highland Cathedral," Mr Willson recalls. "It was very, very inspiring. And I said to myself, 'You know what, I'm going to go back and learn the bagpipes as recognition to my heritage'."

Back in Melbourne he started taking weekly lessons with the City of Melbourne Highland pipe band graduating to the pipes just as the city shuddered to a halt. During the first Melbourne lockdown he found himself unable to play with the band so instead, every sunset, he took his pipes up to the roof of his St Kilda apartment building on the corner of Princes and Fitzroy streets to practise.

Since then he has become something of a local lockdown icon.

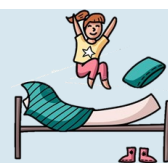
After staying anonymous for a while, Mr Willson eventually outed himself as the mystery piper after people began referring to



'Bagpipe Bill'. In the early days, he admits his skills were elementary but five lockdowns later, the repertoire is more varied. Mr Willson is on a mission to learn a full set of bagpipes classics in hope of one day marching with the pipe band at an AFL grand final parade. Even if it's raining, Mr Willson plays from his Fitzroy Street-facing balcony while pedestrians stop, and cars roll down their windows to listen. Sometimes his fans will shout a request - often a Scot wanting to hear Flower of Scotland.

FUNNY ONE LINERS:

My wife just found out I replaced our bed with a trampoline. She hit the ceiling!



I saw a sign the other day that said, 'Watch for children,' and I thought, 'That sounds like a fair trade.'

IMPORTANT NUMBERS

COVID-19 HOTLINE - 1800 675 398

BEYOND BLUE - 1300 22 4636

LIFELINE - 13 11 14

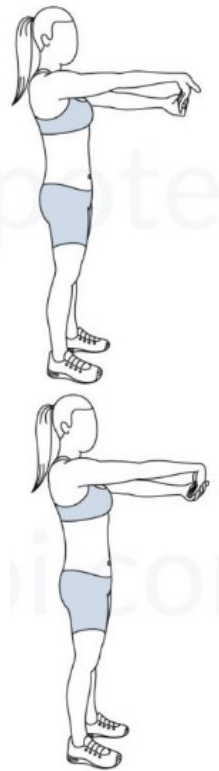
EMERGENCY SERVICES - 000

SANDYBEACH CENTRE - 9598 2155

KEEP MOVING WITH ANGEL

EXERCISE 1 - Wrist Stretches (seated or standing)

- If standing, have legs shoulder width apart for stability.
- Extend right arm out with palm facing **upwards**
- With the fingers of the left arm, pull the fingers of the extended arm back towards the elbow as shown in the picture
- Hold the stretch for 10-20seconds
- Release the stretch then turn hand over so the palm is facing **downwards**
- With the fingers of the left arm pull the fingers of the extended arm back towards your body as shown in the picture.
- Hold the stretch for 10-20 seconds
- Swap arms and repeat
- Do two sets on both sides



EXERCISE 2 - Upper Back Stretch - (seated or standing)

- Start by clasping your hands with fingers interlaced and elbows bent
- Rotate your upper arms and bring your clasped hands towards your chest so that your thumbs are facing downwards
- Straighten your arms as you round your shoulders and reach forward allowing your hands to open up while keeping fingers clasped.
- Hold the stretch for 10-20 seconds
- Do two sets

Note: While doing this stretch, keep your back straight, your shoulders relaxed and breathe in deeply. Deepen your stretch slowly as you exhale. Don't lean forward and if you feel any pain or discomfort, discontinue the stretch.



A reminder, please remember to do some stretches before going for a walk or any other physical activities!! As I keep saying "You will thank me for this". Stay safe - Angel Parker.

LET'S STAY HEALTHY WITH ELANA

One Pan Butter Chicken with Broccolini

Ingredients

- 6 chicken thigh fillets thickly sliced
- 1 tablespoon of oil
- 485g jar of butter chicken simmer sauce
- 2 bunches of broccolini
- 2 cups of Basmati rice
- 1/4 cup of flaked toasted almonds
- Salt and pepper to taste



Method

1. Heat oil in a large deep non stick frying pan over high heat. Cook chicken in 2 batches, turning occasionally, for 5 minutes or until chicken is brown all over. Then transfer to a plate between batches.
2. Reduce heat to medium. Combine chicken and simmer sauce in the pan. Bring to a simmer. Cook turning occasionally, for 5 minutes or until chicken is cooked through. Top with broccolini. Cover and cook for 3 minutes or until bright green and tender but crisp. Transfer broccolini to a plate.
3. Heat rice following packet directions. Divide among serving bowls. Spoon over chicken mixture and top with almonds. Serve immediately with broccolini. Season with salt and pepper. Enjoy!

5 Ways to Have Fun While Walking

1. Play games as you walk - these can be as simple as counting how many objects you see of a certain color or playing 'I Spy' where you guess what is being seen.
2. Walk with a destination in mind - to a building, house, park or beach of interest.
3. Chat and reminisce with your friend while walking - talk about things you see, items of interest, family and anything else that helps you to enjoy your walk.
4. Take a walk in nature - enjoy your environment and the wonders of nature while you walk. This helps to improve both your physical and mental wellbeing.
5. Walk your dog or join a friend for a walk with their dog - dogs always want to walk and help to make the walk more enjoyable.



ZANZIBAR 'SPICE ISLAND' September 2010 by Barbara Audas

Whilst we were living in Dubai, Zanzibar was always on our bucket list. It was a five hour flight from Dubai with a two hour stopover in Dar es Salam where we met a lovely English couple that were heading to Africa for five years to work as missionaries. From there it was a short 20 minute flight and as I was gazing out the window



I saw a pretty island with palm trees and white sandy beaches - Zanzibar here I come!



On arrival, Ramazan our driver drove us through many villages to the Kempinski hotel which is located at the top of the island. The celebration of Eid was on and there was dancing in the streets. On arrival we were greeted with a cool towel and a fresh mango juice, a beautiful tropical welcome. The room was

lovely, with a magnificent vista of the Indian Ocean. We had an outdoor shower and a private exit upstairs to the rooftop which was perfect for a morning cuppa or an evening cocktail. The next morning we headed down to breakfast, a most beautiful abundance of fresh fruits, breads and of course eggs, tea and coffee.

After breakfast we did a spice tour, guided by a happy jolly young guy named James Bond, well that is what he likes to be called. Brett and I wandered through the jungle as



James Bond showed us all the spices, vanilla, ginger and turmeric and many more. James swung above us in the trees and collected coconut shells for us to drink the milk, made us necklaces and crowns for our heads from tree fronds and flowers. We certainly felt like royalty. We visited a village and immersed ourselves in the lives of the beautiful friendly locals. The people of Zanzibar live simple lives and are always smiling.

The next day we visited Stone Town, the only large town in Zanzibar. We went to the museum where we read and saw a lot of the history and heritage of this island. The dark side of slavery moved us to tears and we could not imagine the heartache of leaving this idyllic island under such conditions. We then headed to the market where there was an abundance of colourful and fresh fruit and vegetables. We bought some and enjoyed it in the shade of a nearby park.

Our next stop was the original home of Freddie Mercury who rose from humble beginnings on the island to become a rock star. This little home has now become a shrine to one of the world's greatest singers. We wandered the back streets and I bought a painting of a dhow (local boat) from a local artist. I always love supporting the locals and it now is on display with much love in our home in Melbourne. On our last evening on Zanzibar, we headed out on a local dhow to watch the sunset while enjoying warm breezes and mango juice.



We loved Zanzibar, a truly beautiful island. Inshalla (God willing) we will return.

Message from Chris Hill CEO

It's hard to believe we are already over half way through term 3 and 18 months on from my first formal communication regarding closing the centre due to COVID 19.

It was great to see programs resume earlier this term. The announcement of latest restrictions has resulted in some program changes, with many transitioning to online learning and social support.

In our fabulous childcare, the children have just had a couple of weeks of competing in their own Olympics – noodle throwing, paper plate discus, rocking horse equestrian and the like. So lovely to hear the laughter and joy from both the children and educators ☺ We have become very adaptable and on behalf of the Board, I thank our staff, volunteers and participants for being so understanding and flexible in these uncertain times.

Can I also encourage you to give your input to the development of the mural for front of the building? It will be a delight to see all the ideas come to fruition with all the amazing input people are communicating. Strength through connection!

As we continue to face challenging times we want to assure that Sandybeach is always here for our community.

I am humbled by the opportunity to work with such a wonderful community and hope you stay well, safe and connected. We look forward to welcoming you back in the not too distant future!

Kind regards - Chris Hill

HAPPY BIRTHDAY TO YOU!!!

There have been a few 'significant' birthdays over the last couple of months - a belated Happy Birthday and all our best wishes xx

Brenda Bardsley celebrated her 90th Birthday in July - wow, you wear it well Brenda! Brenda's artistic talent is to be envied, not to mention her legendary baking!

Judith Dewar turned 80 in July - congrats Judith, we love your smiling face and happy nature.

Tony McKenna - driver extraordinaire and stylish wearer of many hats at Sandybeach (and always with a smile!) - a very young 70 if we do say so!

CHILDCARE

Sandybeach mini Olympics
Harley starring in the Javelin.



RIDDLES AND PUZZLES

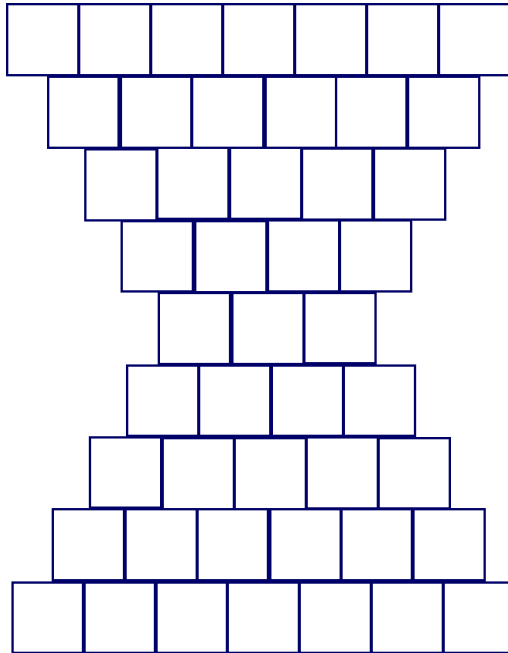


TWO RIDDLES :

What word starts with E and ends with E but only has one letter in it?

What word of five letters has only one left when two letters are removed?

WORD CASTLE: Solve the clues. Each answer is an anagram of the word above - give or take a letter.



Similar in kind, related

More considerate

Sip

Type, sort

Row, noise

Peel (n)

Café

Hot coal

Make out



I'll have the maths homework.

COMMON THREAD Unscramble the letters to make five words relating to the theme. The letters in the shaded squares will spell out another word relating to the theme. **THEME: SPORTS**

1 NESNIT

--	--	--	--	--	--

2 NHROSGIDIRE

--	--	--	--	--	--	--	--	--	--	--

3 TICSAGMNSY

--	--	--	--	--	--	--	--	--	--

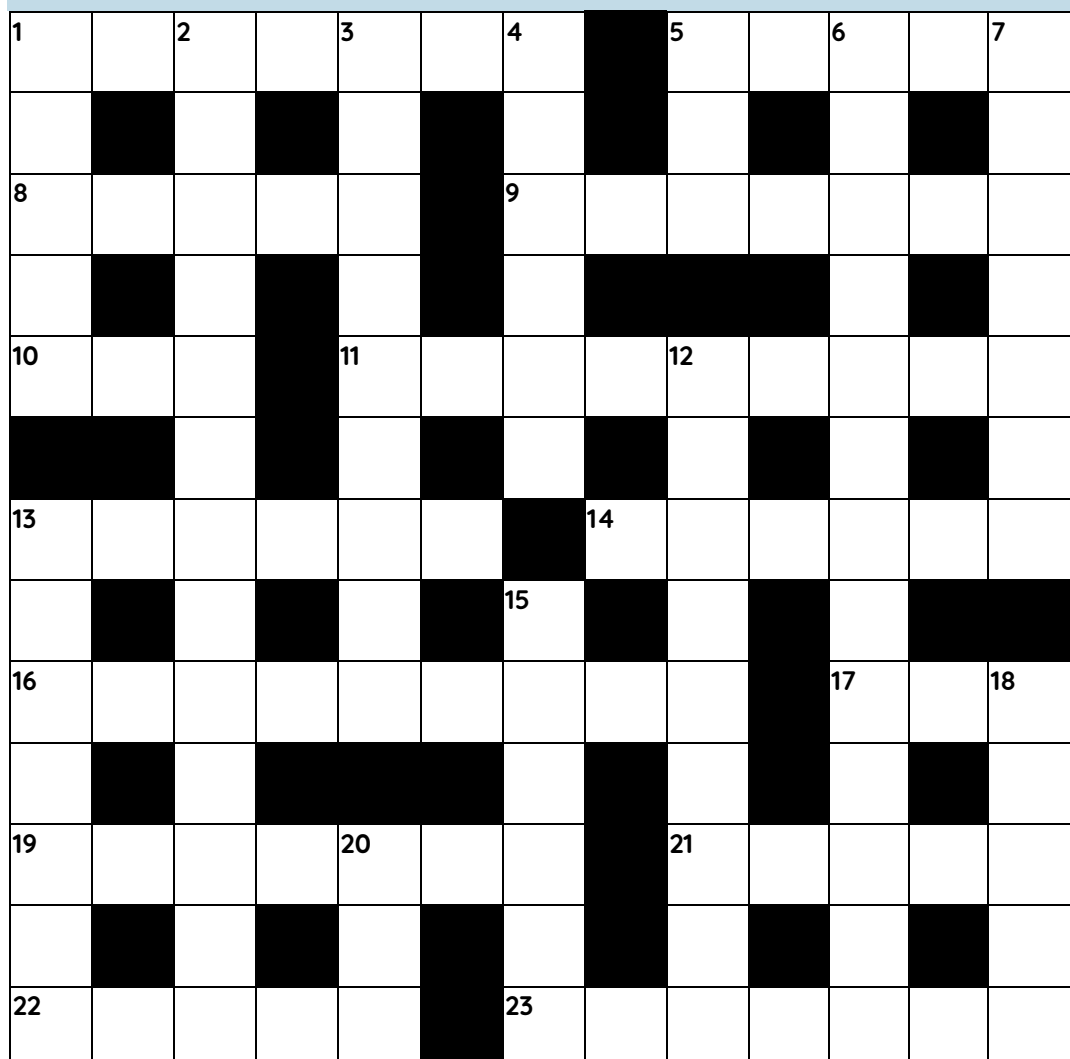
4 HYRACER

--	--	--	--	--	--	--

5 OXICKIBGNK

--	--	--	--	--	--	--	--	--	--

BIG CROSSWORD



SOME BONUS CHUCKLES

How much did the pirate pay to get his ears pierced?

A buccaneer.



Why do bees stay in their hives during winter?

Swarm.



What do you call a pig with laryngitis?

Disgruntled



Across

- 1 Toboggan (7)
- 5 Grouch (5)
- 8 Silky string (5)
- 9 Small room (7)
- 10 Wander aimlessly (3)
- 11 Small part (movie) (5,4)
- 13 Carved or cast figure (6)
- 14 Show or prove that something is true (6)
- 16 Awkward (3,2,4)
- 17 Small social insect (3)
- 19 Type of hairdo (7)
- 21 Extraterrestrial (5)
- 22 Get rid of, dump (5)
- 23 Most uninteresting (7)

Down

- 1 Obscure, make confused (5)
- 2 During lightest hours (5,8)
- 3 Failed to keep accurate record (4,5)
- 4 Leave suddenly, abscond (6)
- 5 Gossip (3)
- 6 Unwilling to help or follow orders (13)
- 7 Excuse, guise, ruse (7)
- 12 Spot for graffiti (2,3,4)
- 13 Leg guard (7)
- 15 Song or poem (6)
- 18 Belief, principal (5)
- 20 Remains of fire (3)

EXTRAORDINARY STORIES FROM OUR INSPIRING AUSSIE PARALYMPIANS

AHMED KELLY

Before Ahmed Kelly was a two-time Paralympian, he was living in an orphanage in Baghdad, Iraq, with his brother Emmanuel. Both had been born with severely underdeveloped arms and legs, not uncommon in countries torn by chemical warfare – and so when they met humanitarian worker Moira Kelly in 1998, Moira adopted them and brought them home with her to Australia.

Ahmed had surgery to remove both his legs below the knees, and it was then that he was introduced to his first love – Aussie Rules. He soon earned the nickname ‘Nails’ for his tough as nails style of play, and it was Nails turned ‘Liquid Nails’ when Ahmed discovered Para Swimming.

Ahmed made his Paralympic debut at the London 2012 Paralympic Games, cheering him on were his sisters, Trishna and Krishna, the Bangladeshi conjoined twins who were famously separated in 2009. But another Paralympic Games and World Championships would pass before he really came into his own.

At last September’s World Para Swimming Championships, under the tutelage of coaching great Yuriy Vdovychenko, Ahmed won his first major international medal, a silver in the men’s 150m individual medley SM3. He is now on track to repeat or better that effort at the Tokyo 2021 Paralympic Games.



ALEXANDRA VINEY

Tasmanian born Alexandra Viney was a promising young rower throughout her high school years. At the age of 18, in 2010, Al survived a high speed car accident caused by a drunk driver. The accident left her with lasting impairments to her left elbow, forearm and hand. Believing that her time as an athlete had passed, Al channeled her passion for sport into a career; graduating with a Bachelor of exercise and sport science from Deakin University and working as a sport scientist and strength and conditioning coach in Geelong until 2019.

In May 2018, Al was asked whether she had considered becoming a Para athlete, an option she’d been unaware of. In November that year she began her journey as a Para athlete when she sat in a boat for the first time since her accident, a second chance at her rowing dream.

Al was selected for the Australian Senior Para Rowing Team in the PR3 Mixed Coxed four in February 2019. That May, she made her international debut at the Gavirate International Para Regatta, placing second in the PR3 four. She then placed fourth in the world at her first World Championships, in the bow of her selected boat class qualifying for a place for Australia for the Tokyo 2021 Paralympic Games.

Outside of her training in pursuit of Paralympic selection, Al is studying for a Master of Business (sports management) and operates a small business. She hopes to continue to raise awareness around road safety, mental health, women in sport and opportunities for people with impairments.



AMANDA REID

Amanda Reid is a two time Paralympian and proud Indigenous woman whose career started in the swimming pool. At the 2011 Global Games she claimed a remarkable seven gold medals before winning two silver and three bronze medals at the 2011 Arafura Games. Aged just 15, she placed fifth in the 100m breaststroke at the London 2012 Paralympics. In 2015 Amanda switched to cycling. Within just a few months, she broke the national C2 Individual Time Trial record at the NSW Para Cycling Championships and then smashed the national record in the 3km individual pursuit at the 2016 Australian Para Cycling Championships.



Amanda, who has cerebral palsy and an intellectual impairment, established herself on the world stage with silver in the 500m time trial at the 2016 Para Track World Championships, leading to her selection in the 2016 Australian Paralympic Games Team. At Rio, she won a silver medal in the 500m time trial and since Rio, her success has continued, most notably breaking the world record at the 2019 Para Track World Championships. She is now aiming for gold at the 2021 Games in Tokyo. Away from sport, Amanda enjoys mentoring people who have a disability, disadvantaged kids as well as young Indigenous kids. She loves snowboarding and is a qualified Level 1 snowboard instructor. She is immensely proud of her Indigenous heritage, stemming from the Wemba Wemba and Guring-gai Aboriginal people.

ANDREA MCDONNELL

With millions of eyes glued to the TV during the 2018 Commonwealth Games, Andrea McDonnell introduced thousands of Australians to the exciting, fast paced world of Para Table Tennis. Despite an opening round loss, Andrea found her form with straight sets victories over competitors from Canada, Indonesia and England to win bronze. Andrea, who grew up watching her parents compete in table tennis and played recreationally herself as an adult, could have never predicted the heights she would reach after a workplace accident in 1999.



She made her international debut in 2013 and achieved selection to her first Australian Paralympic Team going to Rio in 2016. Andrea's dreams of winning a Paralympic medal appeared to be on track when she reached the women's team bronze medal match with Melissa Tapper. They just missed out on a podium spot in Rio but Andrea is now looking ahead to the Tokyo 2021 Paralympic Games, where she and Melissa will be aiming for a shot at gold.

The current Paralympic symbol has been in use since 2003 and consists of three 'agitos' (meaning 'I move' in Latin) coloured red, blue and green, the colours that are most widely represented in national flags around the world.



GOOD LUCK TO ALL OUR AUSSIE PARALYMPIANS!

Why not check out the action?

**The Paralympics will be shown on Channel Seven and 7plus from
24 August - 5 September**



SHOWBIZ WITH ANDREA!

ANDREA PRESENTS...



Dusty Springfield was a British singer and record producer whose career extended from the late 1950's to the 1990's and she has been acknowledged around the world as the best female soul singer that Britain ever produced. With her distinctive mezzo-soprano sound, she was a significant singer of soul, pop and dramatic ballads with country and jazz also in her repertoire. Dusty Springfield was born Mary Catherine Isobel Bernadette O'Brien in London on April 16 1939, to an Irish mother and a Scots-Irish father.



DUSTY SPRINGFIELD

Dusty's legendary, haunting, soulful sound inspired a generation of music including artists like Adele and Amy Winehouse.



Dusty was known for her Blonde beehive hair, heavily mascara'd 'panda' eyes and beautiful evening gowns. Her stylish stage presence, made her an icon of the swinging 60's.

Dusty grew up in and around London. Her early work included an all girl trio, 'The Lana Sisters'. She changed her name to Shan. She left the group then joined her brother Tom

Springfield in his band 'The Springfields' and that was when she changed her name to Dusty. They had top 10 UK hits, including a cover of Silver Threads and Golden Needles.

Dusty's solo career began in 1963 with her song 'I Only Want to Be with You'. She was a regular fixture on British television and her popularity led her to her own TV series, 'Ready Steady Go'. Between 1965 and 1968 Dusty was churning out hits including 'Some of your Lovin'', 'Little by Little' and 'You Don't Have To Say You Love Me'.

Dusty's life spiralled down hill for a while but was then resurrected in 1987 with a song called 'What have I Done to Deserve This?'. Another popular song from Dusty was 'Preacher Man'.

Dusty was a member of both the Rock and Roll Hall of Fame and the UK Music hall of Fame. Dusty Springfield passed away on March 2, 1999.

**She was a wonderful singer and icon that will live through the generations and will never be forgotten.
Thankyou for the music Dusty Springfield.**



TRICKY TRIVIA

1. In what American city was the Chrysler company founded in 1925?
2. What instrument does the concertmaster typically play in an orchestra?
3. In what European country would you find Schiphol Airport?
4. What Spartan leader led a small group of troops against Persian ruler Xerxes in the Battle of Thermopylae?
5. What country borders both Mongolia and Pakistan?
6. The six highest waterfalls in Europe are all located in what Nordic country?
7. The rickshaw was invented in what country?
8. The Russian Revolution took place between 1917 and what odd numbered year?
9. What George Orwell play was adapted into a 1954 propaganda film funded by the CIA?
10. What Biblical figure is known as the 'weeping prophet'?
11. From what musical is the song 'There's No Business Like Show Business' taken?
12. What band had hits in the 1960s with 'Elenore' and 'Happy Together'?
13. What does the word 'megalodon' translate to in English?
14. What is the name of the largest live volcano in Europe?
15. Who won a Best Supporting Actor Oscar for the 1997 drama 'Good Will Hunting'?
16. Five feet eleven inches is nearest to 180 or 190 centimetres?
17. Which bear was created by Michael Bond?

Q1



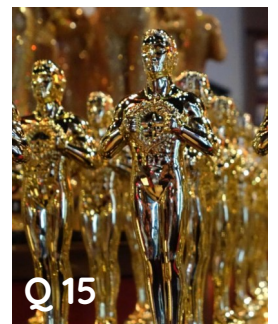
Every Month Sees Demand Growing Greater



Q 4



Q 7

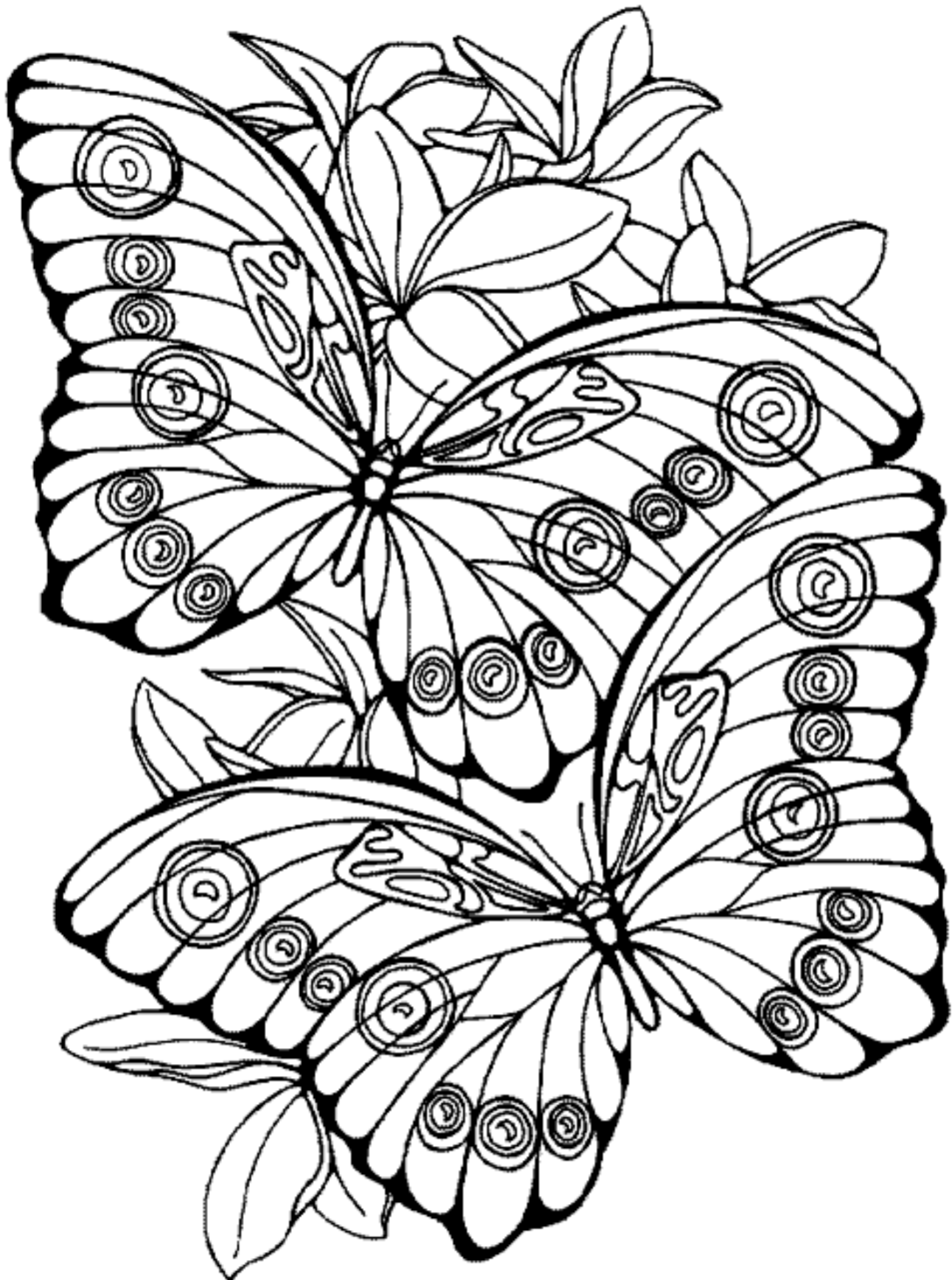


Q 15



Q 17

MINDFUL COLOURING can be relaxing and helpful in relieving stress.
Why don't you give it a go ?





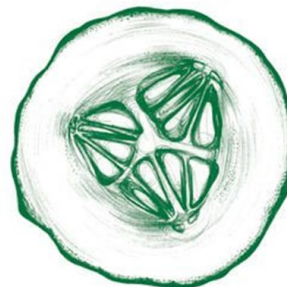
Paul Cézanne was born on January 19, 1839 in Provence, France. When Cézanne first began painting, his artwork was noticeably dark and serious. After a friend encouraged him to paint outside, he began to paint with short brush strokes and brighter colours. Cézanne is known for his still life paintings—mostly of household objects arranged with various fruits. Cézanne would spend hours arranging the fruit and moving his easel around to get just the right perspective.



Let's get creative!

Be inspired by the still life works of **Cézanne**. Choose your selection of fruits and arrange in your favourite bowl! Amazing tonal effects can be achieved with graphite or coloured pencils or soft pastels.

Try cutting some fruits in half to achieve some different and interesting perspectives!



Email us your results so all can admire in our next edition.

READER CONTRIBUTIONS

This month we are featuring works from Juliet Collins who, as well as being REACH Coordinator here at Sandybeach, is an amazing textile artist. Juliet was born in Scotland and studied Fine Art in Edinburgh. Juliet works with textiles and mixed media. She creates beautiful embroidered thread drawings that celebrate women and her love for Melbourne's vibrant spaces. Juliet is inspired by natural forms, particularly anatomical structures and the female form. Her Melbourne City Sketch Collection expresses her love for cities, particularly this vibrant unique city that she has come to call home. Each scene is sketched on site then transformed into thread sketches using thread drawing, fabric, paper collage and mixed media. She aims to convey the atmosphere of the moment and her love of Melbourne's spaces, character and architecture. Juliet has been exhibiting her art in Melbourne since 2007. Her Thread Sketch Collection is a series of small affordable thread drawn designs that

celebrate the experience of being a woman.

Juliet's collection can be viewed on her website:

www.julietdcollins.com



QUIZ AND PUZZLES ANSWERS

RIDDLE ANSWERS :

Envelope
Stone

WORD CASTLE ANSWER

K	I	N	D	R	E	D
K	I	N	D	E	R	
D	R	I	N	K		
K	I	N	D			
D	I	N				
R	I	N	D			
D	I	N	E	R		
C	I	N	D	E	R	
D	I	S	C	E	R	N

COMMON THREAD (EXTRA WORD TRACK)

- 1 NESNIT
- 2 NHROSGIDIRE
- 3 TICSAGMNSY
- 4 HYRACER
- 5 OXICKIBGNK

T	E	N	N	I	S					
H	O	R	S	E	R	I	D	I	N	G
G	Y	M	N	A	S	T	I	C	S	
A	R	C	H	E	R	Y				
K	I	C	K	B	O	X	I	N	G	

CROSSWORD SOLUTION

Across

- 1** Bobsled
- 5** Grump
- 8** Floss
- 9** Cubicle
- 10** Gad
- 11** Cameo Role
- 13** Statue
- 14** Attest
- 16** Ill at ease
- 17** Ant
- 19** Pigtail
- 21** Alien
- 22** Ditch
- 23** Dullest

Down

- 1 Befog
- 2 Broad daylight
- 3 Lost count
- 4 Decamp
- 5 Gab
- 6 Uncooperative
- 7 Pretext
- 12 On the wall
- 13 Shinpad
- 15 Ballad
- 18 Tenet
- 20 Ash

Here comes the sun and I say, 'It's alright'
- The Beatles 🎵 🎵



TRICKY TRIVIA ANSWERS

1. Detroit 2. Violin 3. Netherlands 4. Leonidas 5. China 6. Norway 7. France
8. 1923 9. Animal Farm 10. Jeremiah 11. Annie Get Your Gun
12. The Turtles 13. Big Tooth 14. Etna 15. Robin Williams
16. 180 centimetres 17. Paddington Bear

SANDYBEACH CARERS

Sharing Information and Connecting with Carers

SIMPLE RELAXATION TIPS FOR CAREGIVERS

Breathe Better: It may surprise you to learn that chronic stress can lead to unhealthy breathing habits. Taking just a few minutes each day to breathe deeply can help you achieve greater peace of mind. Just set a timer, close your eyes and focus on your breathing. There are even mobile phone apps and instructional videos available online that can help you learn mindful breathing techniques.

Eat Healthy, Relaxing Foods: When time is running short, it can be tempting to reach for quick and easy foods but this can leave you feeling even more run down. Reaching for healthy, nutrient-dense foods will help keep you feeling your best. Stress reducing foods can support good physical and mental health. For example, vitamin C has been proven to help reduce stress hormone (cortisol) levels, combat anxiety, improve immune function and naturally lower blood pressure. Citrus fruits like oranges and grapefruit are high in this essential vitamin. Other stress-reducing foods include avocados (high in potassium), nuts (an excellent source of healthy fats), fatty fish like salmon (high in magnesium and omega-3 fatty acids) and oatmeal (a complex carb that stabilizes blood sugar and promotes serotonin production).

Move Your Body: Setting aside the time and energy for regular workouts is a lot to ask of a busy family caregiver, but engaging in light



Useful Resources:

Carers Victoria **1800 514 845**

Lifeline **13 11 14**

Beyond Blue **1300 224 636**

National Dementia Helpline **1800 100 500**

Carer Gateway **1800 422 737**

physical activity each day can have dramatic effects on your health and mood, even if it's just a 10 minute walk around the block. Dance to a few upbeat songs, do some stretching or do some resistance training with either weights or exercise bands. All these activities release valuable endorphins.

Tune In and Tune Up: Research shows that listening to music for only 30 minutes, especially classical melodies, produces a significant calming effect. Enjoying even a few songs throughout the day can be beneficial for both you and your loved one. Depending on your mood, you can use music to pep yourself up, calm yourself down, inspire a laugh or even help you fall asleep - the possibilities are endless.

Stay Organised: Write a to-do list and make a point of focusing on only one task at a time. This will help you be more efficient and possibly garner valuable bits of free time here and there. Crossing off each task will lower



your stress levels and enable you to better relax when you do get some down time.

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